



## DEVELOPMENTAL DELAY RESOURCES

The ONE Resource Network Integrating Conventional & Holistic Approaches



# A Nikken Wellness Home: Real Solutions to Today's Lifestyle Challenges

This newsletter is made possible by a donation from Joan Spear, Nikken Independent Wellness Consultant

Your home is your castle, your safe haven, your place to rest, relax, restore and refresh. Now, you can produce a nurturing place to protect your family from stressors like toxins, electro-magnetic fields (EMFs) and pollution.

A **Nikken Wellness Home** is an unsurpassed environment for creating and raising healthy children. **Nikken**, a world leader in wellness technology for 30+ years, brings together a set of technologies and prevention strategies that invite the benefits of the natural world into your home. **Nikken's Wellness Home** understands that good health depends on a balanced lifestyle. The company's philosophy is about protecting people from 21st century influences that jeopardize their well-being. **Nikken** provides creative ways to build health every day through stress-reduction and products that keep people well.

**Nikken** promotes wellness through a comprehensive line of products including three major aspects of daily living: sleep, air and water, supporting a healthier lifestyle.

### Better Sleep for Rejuvenation

A good night's sleep is an essential element for health. Children on the autism spectrum often don't get deep, regenerative sleep. **Nikken** combines earth (magnetic) energy, sun (far infrared) energy and ionic technology to create deep relaxation and rejuvenation. **The Kenko™ Sleep System's** three pieces are scientifically designed for a deeply restful sleep experience in a cocoon of soothing energy, replicating the conditions of the natural environment.

- **The Kenko™ Dream Light Mattress Pad and Ultra KenkoPad™** – lightweight, with massaging design, in all bed sizes, with viscoelastic memory foam, a material developed by NASA scientists to provide a custom fit.
- **Kenko™ Dream Comforter** – breathable and temperature regulating, Far Infrared technology reflects natural energy to keep you warm and release excess heat to keep you cool.
- **Kenko™ Dream Pillow** – contoured shape, technologies that improve comfort by properly supporting head and neck with viscoelastic memory foam. The breathable cover and ceramic tiles deep in the pillow release heat, while ventilation channels circulate fresh air.

### Better Air for Breathing

Children spend 90% of the time indoors, where air pollution is highest, and more than 65% of that time is spent at home.

The **Nikken Air Wellness Power5 Pro** features five filtration stages, a HEPA filter with 99.97% efficiency, and a patented system for producing stress-reducing negative ions. The Energy Star rated Power5 Pro operates without producing ozone, a toxic gas, that many other air filters emit as a by-product.

### Better Water for Drinking and Bathing

Our bodies and brains run on water; dehydration can be a big problem for many children. **Nikken's PiMag™ Water Filters** alkalize, remove contaminants AND replace lost minerals, creating delicious hydrating water. After filtering, using the **PiMag Optimizer** further energizes, oxygenates and mineralizes PiMag water, making it even more hydrating. Eliminate the unsustainable practice of buying bottled water; PiMag water costs only pennies per gallon.

Our skin is the largest organ in our body. Avoid bathing in chlorinated water with the **PiMag™ Ultra Shower System** which neutralizes chlorine, reducing it up to 90%, without adding chemicals. A superfine filter reduces a wide range of other contaminants. The showerhead has five settings.

### Act Now!

A **Nikken Wellness Home** can improve your family's quality of life. To learn more and order: [www.mynikken.net/joanspear](http://www.mynikken.net/joanspear). Add "DDR" by your name when ordering and help support DDR! For questions: Joan Spear, 860.567.0554, and mention you read about **Nikken** in "New Developments."

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## Executive Director's Column

by Patricia S. Lemer, M.Ed., NCC, M.S. Bus.



It's been a busy week for vaccines. On February 12<sup>th</sup>, the U.S. Court of Federal Claims ruled against three families who argued that vaccination contributed to their children's autism. The same day, I received an email and a call from two individuals questioning health issues in their children, and whether they might be related to recent vaccines. The day after the ruling, I met with a group of anxious parents struggling with vaccine decisions for their infants and toddlers.

### Does the MMR Vaccine Cause Autism?

This week, unlike last year in the Hannah Poling case (see 12:4,8), the court ruled that evidence presented in three cases by parents of children with autism did not prove a link between autism and vaccines. Many are not convinced; the vaccine/autism connection remains highly controversial, with entrenched vested interests on both sides. One unconvinced parent is Lisa Rudley, a DDR Board member and founder of a parent support group in Westchester County, NY. "I heard my son's inconsolable crying, watched him arching his back and lived through his severe diarrhea, following two-month-old shots. He was later diagnosed as autistic. A mother's observation of her child is valuable... It's not bad science, it's bad vaccines."

### Can the Gardasil Vaccine Cause Endometriosis?

The email was from a friend questioning whether her 16-year-old daughter's recently diagnosed endometriosis was related to the Gardasil vaccine she had received last year to prevent cervical cancer and human papilloma virus (HPV). Many in the medical community are concerned about some of the negative reactions to Gardasil, ranging from loss of consciousness to seizures, and including severe headaches, dizziness and temporary loss of vision. These symptoms are immediate; determining whether endometriosis appearing a year after the vaccine is almost impossible to relate to the vaccine.

### Can the Chickenpox Vaccine Cause OCD?

The call I received was from a chiropractor using allergy elimination treatments for a teenager whose reactions to many foods worsened, and who developed Obsessive Compulsive Disorder (OCD) following a chickenpox vaccine. Most of us who grew up in the fifties remember chickenpox as a generally mild disease accompanied by fever, a runny nose and those telltale spots. Today, few children get chickenpox. The varicella vaccine, given to prevent chicken pox, is counter-indicated for those with "severe allergies." Could this teen's "OCD" be considered an "allergic" reaction?

### Who is At Risk for a Vaccine Reaction?

NVIC and others suggest taking precautions if a child

- is ill or is recovering from a recent illness
- has a family member who had a severe reaction to a shot
- has a relative with a history of convulsions or neurological disease
- was born prematurely or with low birth weight
- has a personal or family history of allergies to cow's milk
- has asthma, eczema or other immune related conditions

# Vaccine Reactions: What You Don't Know Could Hurt Your Child

### Immediate Symptoms of Vaccine Reactions

Every vaccine carries risks. The following are some common signs of a vaccine reaction, which can range from mild to severe. If you observe any of these or other troublesome symptoms, seek medical help immediately.

- Rash, hives, itching, swelling and redness at injection site
- Fever over 103°F; seizures or convulsions
- Dizziness, fainting, wheezing or difficulty breathing
- Rapid heart beat or chest pain
- Muscle weakness, limpness, or lack of responsiveness
- Loss of vision or speech
- Nausea, vomiting, diarrhea
- Unusual behaviors such as, prolonged crying or high-pitched screaming

If your child experiences serious health problems following vaccination, tell your doctor immediately. The law requires him/her to report adverse reactions to vaccination within 30 days to the Vaccine Adverse Event Reporting System (VAERS). Parents can also file a vaccine adverse event report at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or by calling 800.822.7967. You may also make a report to The National Vaccine Information Center's (NVIC) Vaccine Reaction Registry, operated since 1982, at [www.nvic.org/reportreaction.aspx](http://www.nvic.org/reportreaction.aspx).

### What is a "Long-Term" Vaccine Reaction?

According to Randall Neustaedter, OMD, in his book *The Vaccine Guide*, "deep controversy surrounds the issue of delayed or 'long-term' reactions, because these do not have a clear causal link to vaccines. Few studies show long-term safety of any vaccine."

Chronic disease, however, seems to be replacing infectious disease. Immune system problems possibly resulting from vaccines include asthma and allergies. Auto-immune disorders that appear to have their onset following vaccination include diabetes, arthritis and multiple sclerosis (MS). Neurological injury includes seizures, learning disabilities, attention deficits, and yes...autism.

### Preventing Vaccine Reactions

For those electing to vaccinate, Neustaedter recommends a nutritional supplement program, especially for children with allergies. He includes omega-3 fats, natural vitamins A, C and E, to decrease inflammation and as antioxidants, and zinc to stimulate immune function. I share these guidelines with all the parents to whom I speak.

### It's Not Over Yet

Even though autism parents lost this week's battle, the war is not yet over. More than 5,300 cases are awaiting hearings with VAERS. Hopefully some day we will have an option other than a one-size-fits-all vaccine schedule that will allow parents, not courts to decide what is right for their children.

Are autism, endometriosis and OCD vaccine reactions? We will not know for sure until scientists look at Gardasil, varicella and the aggressive pediatric vaccine schedule long-term. Because today's children cannot wait, know how to prevent a vaccine reaction in your child, what to look for, and what steps to take NOW!

## DDR Launches New Website

Check out our new, much improved and easily navigated website! We are extremely grateful to Pat Watt for the endless hours she donated to organizing the vast amounts of material over the past year. We are now looking for a volunteer webmaster to keep it in tip-top shape. Please let us know if you can help out.

## The Heart of Peace Project

Looking for a therapeutic summer program? The Heart of Peace Project, a 501c3 non-profit offers five days of intensive collaboration among Waldorf- and Montessori-trained teachers and holistic therapists for individuals age three to twenty with autism and related disorders, August 2<sup>nd</sup> – 7<sup>th</sup> in Tucson, Arizona. Included are neuro-developmental reflex skills, the Waldorf “Extra Lesson,” homeopathy, CranialSacral therapy, art, music and more. Parents accompany their children, and receive respite, while learning about special diets and nutrition. Cost is \$2500 for child and parent, including all therapies, two delicious Body Ecology Diet meals a day, manuals, and a full year of follow-up and support. For more information, go to [www.heartofpeaceproject.com](http://www.heartofpeaceproject.com).

## Support Bills to Keep Kids Chemical Free

“Pre-polluted children. It’s morally wrong.” That’s the message from long time activist Bobbie Manning, looking for your support for *The Kid Safe Chemicals Act*, the latest undertaking of the Environmental Working Group (EWG). Passed in 1976 and never amended, the Toxic Substances Control Act (TSCA) is regarded as one of the weakest environmental laws today. To sign the Kid-Safe Declaration, asking elected officials to overhaul TSCA, go to [www.kidsafechemicals.org](http://www.kidsafechemicals.org).

Maryland is poised to become the first state in the nation to require food packaging to include warning labels if a product contains Blue 1 and 2, Green 3, Orange B, Red 3 and 40, or Yellow 5 and 6. An outright ban would follow by 2012. If Maryland’s bill passes, these chemical additives would bear the following warning: “The color additives in this food may cause hyperactivity and behavior problems in some children.” To support this bill, go to [www.cspinet.org](http://www.cspinet.org).

## Pesky Head Lice

Skip those dangerous chemical treatments for head lice, and pull out the hair dryer. Researchers have found that 30 minutes of hot air desiccates the insects and eggs, killing a majority, and outperforms insecticidal shampoos.

## Lawsuit Against Medicaid to Pay for HBOT

Are you on Medicaid or private insurance, received hyperbaric oxygen treatments, and seen improvements for your child with cerebral palsy, autism or brain injury? Call attorney Richard Console at 800.690.4033 right now! His office is collecting data from as many people as possible to create a class action lawsuit against Medicaid. He is taking this suit pro bono.

## Lemer Opens USAAA Conference in NJ

Don’t miss US Autism Asperger Association’s spring conference: on Thursday evening, April 30th in Cherry Hill, NJ, right outside of Philadelphia. Patricia Lemer will speak on “Prioritizing Therapies” followed by a book-signing of *EnVISIONing A Bright Future*. (See Upcoming Events.)



## Subscribe to Blogs on [devdelay.org](http://devdelay.org) and [Intent.com](http://Intent.com)

Check out DDR Executive Director’s Patricia Lemer’s periodic blogs on the DDR blog site and Intent.com. Go to the very bottom and click on “RSS feed” to subscribe. Intent is a new wellness website, founded by media entrepreneur Mallika Chopra, Dr. Deepak’s daughter that aspires to be the most trusted destination for sharing peoples’ intentions – personal, social, spiritual and environmental. Be brave and create your own account and intents.

## Mercury in High Fructose Corn Syrup

As if corn sweeteners are not bad enough, we now know that some products containing them are also contaminated with mercury (Hg). The Hg comes from caustic soda, or lye, a food industry ingredient processed with outdated nineteenth century technology that relies on the use of mercury. Here’s a list of some of the items containing the highest levels of Hg, that you may want to purge from your pantry: Quaker Oatmeal to Go, Hershey’s Chocolate Syrups, Manwich Bold Sloppy Joes and Smucker’s Strawberry Jelly. To read the report from the Institute for Agriculture and Trade Policy, go to [www.healthobservatory.org/library.cfm?refID=105026](http://www.healthobservatory.org/library.cfm?refID=105026).

## Healing Autism

Considering a dog for your child age 2-10 with autism and live near New York City? Contact Healing Autism, a non-profit placing autism service dogs with families at no charge. Training includes a parent stay in Yorktown Heights for five nights. To donate and learn more about this program, go to [www.guidingeyes.org](http://www.guidingeyes.org).

## Happy Feet

Looking for insoles for your whole family, designed to keep your feet walking in comfort and health? Check out our sponsor’s Magsteps® for adults and Kidstrides™ for the younger set. Both feature EQL Magnetic and Far-Infrared Technologies that provide gentle stimulation to be both relaxed and energized, even if you’re on your feet all day.

## Meatless Mondays

Interested in helping the environment? Enact “meatless Mondays!” According to Food activist Michael Pollan, if all Americans eliminated meat from their dinners just one night a week, it would be the equivalent of taking 30-40 million cars off the road for a year!

## Travolta Foundation

Our hearts go out to the Travolta family on the death of their son, Jett, who died in early January. John Travolta and Kelly Preston have set up a charitable foundation in Jett’s memory. The Jett Travolta Foundation will provide relief for children with vision, hearing, mobility, communication and learning difficulties, as well as for those who are the victims of disasters.

**New Developments** is a quarterly newsletter published by **Developmental Delay Resources (DDR)**, a 501c3 not-for-profit organization whose mission is connecting families, professionals, and organizations and disseminating the most current information about possible causes, interventions, and preventions for developmental delays. Members of DDR support the inter-relationship of physical, cognitive, and social-emotional development in children whose delays include, but are not limited to, sensory-motor deficits, speech-language disorders, attention deficits, learning disabilities, pervasive developmental disorders, and autism. DDR seeks to educate the public about treatments that: address sensory-motor processing, including occupational therapy, vision therapy, auditory training, and perceptual-motor therapy; boost the immune system, including dietary modification, nutritional supplementation, homeopathy, and detoxification; address structural integrity, including osteopathy, CranioSacral therapy, and chiropractic; and encourage positive social-emotional relationships, such as communication therapies, FloorTime, and family therapy. **DDR is the only organization that integrates all these disciplines.**

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All material in **New Developments** is for information purposes only and is not to be substituted for professional advice from your health care provider.

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# *I Saw, I Heard, I Conquered: Using Developmental Music Therapy to Help Kids with Special Needs*

*By Joe Romano*

**I** am a songwriter, musician and music teacher. My passion is to help people struggling with developmental, learning and behavioral challenges. Several years ago, I met Dr. Steve Gallop, a developmental optometrist who provides visual training to children with special needs. He suggested that I was a Developmental Music Therapist after hearing my philosophy and methods.

## **My Story**

As a child I had an eye that turned in, causing other kids to ridicule me. My mom refused to accept surgery - the only solution offered by professionals. I was determined to fix the problem myself, so I created a program of activities I thought would help. I did them every night alone in my room. Dr. Gallop was stunned when I described what I had done. The program of activities I had intuitively designed was, as it turns out, visual training.

Another interesting change occurred as a result of my visual training program. Musical notes sounded like noise during the years my eye was turning. After my visual training rewired my brain and my eyes started working together, chords started making sense and sounding musical.

## **Music: The Engine that Makes Things Go**

I believe the visual process is the most important means of interacting with the environment and therefore must be considered in any successful therapy. Music is a universal language that provides a unique way to communicate and relate to children with special needs. There is a direct connection between how we hear and how we see. Music is immune to the baggage and expectations of the spoken word. Formal rules of music are unnecessary for children to enjoy making sounds they find enjoyable.

We are a musical as well as a visual species. It has been proven that the cycling of specific note patterns in combination with certain rhythms can affect our heart rate, breathing patterns and our emotions. Neurologist and best-selling author, Oliver Sacks addresses this issue in his book, *Musicophilia: Tales of Music and the Brain*. Sacks explains that music occupies more areas of the brain than language.

## **Have Instruments, Will Travel!**

I take a portable keyboard and CD player with pre-programmed music to a child's home. I prefer to work where the child is surrounded by familiar toys and feels safe. I'm not trying to make musicians, but to help children blossom and open them up emotionally via music. First I make a connection by combining eye movements, spatial orientation and music.

## **Eliciting Eye Contact**

Every action starts with the ability to make and sustain eye contact. First, I pick up two stuffed animals, one in each hand, and move them in different directions. Because of the familiarity of the objects, the child soon begins tracking. Then I give one of the animals a funny voice, while moving it around within the field of vision. Now the child is looking AND listening. Next I begin integrating sight, sound and touch by alternately touching the child and playing a note on the keyboard with the stuffed animal. It's always rewarding to see a child begin to interact.

## **Developmental Music Therapy**

I believe that combining visual processing with music creates an ideal medium for children with autism to interact with their surroundings. I include some of the same visual training techniques I created as a child, somewhat enhanced thanks to Dr. Gallop.

## **The C Game**

I place four colored dots spread four inches apart on the wall just above the keyboard, within arm's reach, from a standing position. I also place four corresponding colored dots on the keyboard, one on each C note. I position the child in front of middle-C on the keyboard and direct the child to touch a colored dot on the wall with the index finger and then turn in a complete circle and hit the corresponding colored dot on the keyboard.

As children progress, they gradually learn how to control their bodies, by leading with vision and becoming more skilled in using their hips and feet to turn and balance to finish centered in front of middle-C. This also helps them learn how to orient in space and time. Another goal is to have them move their eyes independently of their bodies or heads, which is an important developmental milestone. I can easily customize my interactions since each child is unique.

## **Rhythm**

Children on the spectrum often seem devoid of any awareness of rhythm in their everyday lives; their natural sense of rhythm must be stimulated to carry out actions more effectively. I realized this for the first time many years ago while watching the "mentally disturbed" non-verbal brother of a bandmate during rehearsal. This supposedly unresponsive child was definitely tuning in, particularly to the drums, and trying to move his body to the rhythm of the music. One day, I put the drumsticks in his hands, and guided his arms around the drumset. It was apparent that he was also playing the drums on his own when nobody was around. Responding to rhythm and his own emotions allowed him to do an extraordinary thing; engage in constructive self-directed, self-motivated activity.

I strategically introduce soundscapes – pre-recorded combinations of specific note patterns and rhythms into the sessions to help enhance the impact of the other parts of the lesson. I can often observe the changes in breathing and attention. The right soundscape can also help these children fall and stay asleep, another common problem for the children I work with.

## **Achieving Extraordinary Things**

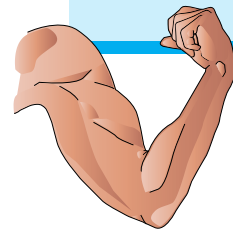
This is what my work is all about – possibilities. "What Joe did for himself as a child is just extraordinary to me," says Dr. Gallop. "I have since learned that what Joe does, in general, is pretty extraordinary." Extraordinary? Not to me. My work is all about the possibility of achieving extraordinary things.

*Joe Romano works out of the Philadelphia area and can be reached at JoeRomano@comcast.net and 610.359.6254. Dr. Steve Gallop practices in Broomall, PA. He can be reached at 610.356.7425.*

# Objective Muscle Testing

By Toby Watkinson, DC

ENERGY



“Mary, hold this sugar, and I’ll show you something very cool. Put your arm straight out and keep me from pushing it down. Wow, you can’t hold it up. Your body is weakened by the sugar.” Nice parlor trick, but no way to show sugar isn’t good for you, or to test anything but your sense of humor.

## Applied Kinesiology

Kinesiology is the study of muscles. Applied Kinesiology (AK), developed by the late George Goodheart, DC, is an incredible contribution to understanding the body’s ability to communicate silently. Goodheart discovered that individual muscles correlate to specific organs, nutrients and emotional complexes.

Today Applied Kinesiology fulfills Goodheart’s dream of developing a scientific method to track illness. It is not a parlor trick, but rather a repeatable, objective, diagnostic tool that has become a “gold standard” for examining patients. Applied Kinesiology has rules for correct use to obtain dependable results. One can’t just grab any arm and push on it.

## Objective Muscle Testing

My training in acupuncture and nutrition, and my experience teaching parents of children with developmental delays, has been the perfect combination to adapt Goodheart’s work in a unique way. I gradually created a system called Objective Muscle Testing (OMT). The technique centers on using specific acupuncture test points. OMT has evolved and I now help parents independently test foods, nutrients, and a variety of products around the home.

The underlying principle of OMT is that a muscle can be a strong or weak indicator of a provocation. The tools of OMT assure that any muscle test has the highest probability of obtaining objective usable information.

With my protocol, any adult can test him- or herself and family members, using a small and inexpensive spring loaded muscle testing tool. By squeezing the tool between your thumb and finger the gauge will read the amount of pressure applied. The idea is to establish your maximum resistance. Any number below the baseline indicates an imbalance.

Before performing an objective test, both the tester and subject must be clear of any abnormalities that could invalidate testing, such as a diminished flow of body electrical energy, dehydration, faulty respiration or heightened emotionality. I created vials containing bio-electrically charged solutions that participants hold to correct identified imbalances, and strengthen a weak OMT test point, thus making the evaluation successful.

For instance, the conductivity test point is between the eyebrows. To test this point take the pad of your index finger and place it on the OMT point, while squeezing the gauge with the other hand. If the number is identical to your resistance number, then turn the finger over and place the nail side down on the same point; when retested the number on the gauge should be lower. If an imbalance exists there will not be a lower reading for the nail side of the finger. Then by holding a “conductivity” vial you should be able to test the difference between the finger pad and nail indicating the body’s electrically conductivity is testable.

## Testing for Foods

Using the acupuncture point protocol, OMT can test problems with food and even the presences of parasites. OMT is excellent for identifying allergic foods, and checking for toxic metals, chemicals, mold, yeast, fungi, unwanted food ingredients, rancidity and irradiation.

Once one establishes a reference baseline resistance number and clears their subject, both are ready to test. While a subject touches an item, the tester contacts the OMT test point and squeezes the muscle testing tool. The tester reads the gauge, noting any weakness, indicating a reaction related to the specific test point.

## Environmental Applications of OMT

Another application of OMT is testing for hazards in the home, such as paints, carpet, cookware, electronics, detergents, soaps, furniture, molds, yeasts, fungus, plants and cleaning products. I encourage my patients to pre-test products before purchasing and or using them. This precaution is essential with the explosion of technology that compromises the safety of our homes, especially our sleep spaces. My protocol includes OMT points for testing radio waves and electromagnetic fields.

## Applying OMT to Emotional Complexes

OMT also tests the seven chakras, which are connected to individual organs and specific emotions. I have created simple solutions, including manual techniques and flower remedies to clear problematic emotions. This technique is another adaptation of Dr. Goodheart’s work, and involves the tapping of the temporal sphenoidal lines on the cranium while holding the feeling state of the identified emotion.

## OMT from a Patient Perspective

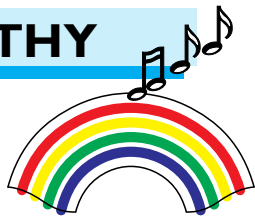
I asked a student, who is a parent of a child recovering from autism, to comment on OMT. Here is what she said.

“I learned muscle testing is not all the same, and the importance of following a pre-testing protocol. Now, I always obtain a baseline resistance number, using the gauge provided by Dr. Toby. I can use the OMT points to test for mold, parasites, rancidity, conductivity etc., to clear any imbalances, first on myself, and then on a family member. Once people are “cleared,” I am confident about testing specific foods and environmental factors.”

## Use OMT for You and Your Family

OMT is an extremely useful objective, easy-to-learn tool for testing foods, supplements and other potential dangers to children’s health. With OMT you can be assured that everything that goes into the body balances with an individual’s own energy. To learn more about muscle testing read *Your Body Doesn’t Lie* by John Diamond, MD, *Your Body Can Talk*, by Susan Levy, DC and the “Touch for Health” manual by John Thie, a beautifully illustrated book, available from [www.touch4health.com](http://www.touch4health.com).

*Dr. Tobin Watkinson has degrees in acupuncture, clinical nutrition and chiropractic. He teaches classes in Objective Muscle Testing and if you have twenty people for a class he will come to you. You can reach him at [drtobyw@attglobal.net](mailto:drtobyw@attglobal.net).*



## Homeopathic Color and Sound Remedies

By Ambika Wauters

Imagine using vibration to allow the body to heal itself! That's what I do with homeopathic color and sound remedies, to create inner balance and stability by activating an individual's energy system. Recently, practitioners have found positive results in addressing compromised immunity, inflammation, and hypersensitivities in children with autism and other developmental delays using these vibrational remedies, which penetrate deeply to address imbalances in the energy field.

### From Classical Homeopathy to Color Healing

As a classically trained homeopath of more than 20 years, I have used remedies by following homeopathy's key tenet known as the "Law of Similars" to match a homeopathic remedy with a patient's constitutional nature. Classical remedies, which address a patient's physical, emotional and mental symptoms, are made from plant, mineral or animal substances to stimulate the body's "vital force," thus enhancing its ability to heal.

In 1990, when living in the United Kingdom, I created a series of homeopathic remedies made with spring water, natural light and colored gels and filters. Since 1998 these homeopathic color remedies have been in clinical use internationally, but have only been available in the United States for the past several years.

### Color Remedies

Color remedies come in kits containing small pellets in one dram brown bottles of the following colors: red, orange, yellow, green, pink, turquoise, indigo blue, violet, magenta and spectrum (all the colors). Like classical remedies, they are prepared through a process of dilution. The higher the number of dilutions, the greater the potency, and the more powerful the remedy.

Color remedies are available in three strengths. The lowest potency (6x) addresses physical symptoms, and is taken three to five times a day. The middle potency, 12c, stimulates both the physical and emotional levels and is used twice a day. A 30c, the strongest potency, addresses all three areas, and is given as a single dose. These low potencies allow parents to control the dosage.

Taking color remedies should follow the course of the sun. Use the hot and vibrant energies in the morning and the soothing and cool energies at night.

### Sound Remedies

Homeopathic sound remedies are made from each of the sound waves of the musical scale and include one remedy called "The Chord," which is a combination of all notes. They were created only a few years ago in the United States, and come in a single potency: 6x. They work on a higher vibrational level than the color remedies, which are specific to the energy field. Sound remedies work on mental processes and can improve concentration, foster self-expression and generally enhance learning. They resonate with our thinking, speech and inner consciousness, thus helping to create forethought and the ability to focus on a task.

### Results of Using Color and Sound Remedies

Color and sound remedies can stimulate, tonify or calm the flow of life energy. Children often respond overall to color and sound remedies with better ability to adapt to their environments and to regulate impulse control.

Here are a few examples of some results from using specific colors and sounds.

**Red** is the primary vibrant force in the visible spectrum. It has the slowest oscillation and lowest frequency of vibration of any color. Red promotes grounding by anchoring the spirit in the physical body. It addresses constipation and coordination, and can create anger and aggression if used too often or in too high a potency, however.

**Yellow** tonifies the digestive organs and can be used to support detoxification. At the emotional level it builds self confidence and inner strength. Yellow is a very effective remedy for many children with autism and developmental delays. In her book, *The Impossible Cure*, Amy Lansky reports that homeopath John Melnychuk used the homeopathic color remedy yellow to help heal a young boy with autism.

**Indigo Blue** is the color of universal healing and the most favored of all colors. It is an anti-inflammatory that can enhance vision; emotionally it calms, and mentally it enhances focus.

**Spectrum** is made up of all the homeopathic color remedies at the same potency. This unique remedy restores vitality after any draining experience. Take Spectrum during the day only, as it is stimulating and can cause insomnia.

🎵 **Middle C** promotes grounding, connection and engagement.

🎵 **Note B** fosters self expression.

🎵 **Note E** enhances a deep sense of self.

🎵 **Note D** stimulates appetite and increases happiness.

🎵 **The Chord** is comprised of all the notes in the scale. It can have a powerful and strengthening effect on one's sense of self. This remedy has a deep resonance with the spiritual aspects of life.

### Color and Sound Remedies Together

Color and sound remedies work in conjunction with each other, and can be taken together for optimal effect. They also work well in addition to constitutional treatment. If applied correctly they do not have side effects, which homeopaths call "aggravations." Once integrated into the system they hold their resonance for long periods of time.

The remedies can be repeated or the color and sound changed as needed, with especial care taken as to not over-stimulate a child's fragile energy system. These remedies are ideal for homeopaths seeking to broaden their repertoire, as well as for naturopaths, chiropractors, acupuncturists, massage therapists, and other healers wishing to address a broad range of conditions.

### More Information

To learn more about color and sound remedies, read my book, *Homeopathic Color And Sound Remedies*. Both the remedies and book are available from [www.lifeenergymedicine.com](http://www.lifeenergymedicine.com).

*Ambika Wauters, Dip.Hom. Med (UK) is Director of the Institute of Life Energy Medicine, the School of Spiritual Homeopathy, and Co-founder of The Heart of Peace Project for ASD and DD. You can reach her at 877.774.1812.*

# OSR: A New Way to Detoxify



Five years ago, Woody McGinnis, MD wrote about the role of oxidative stress in autism spectrum disorders. (See 9:2,6.) Since then, new options for relieving oxidative stress are available. One of these is **OSR#1™** developed by biochemist Boyd Haley, Ph.D.

## Oxidative Stress and Glutathione

As a quick review, oxidative stress is a condition in which the body's natural defenses are overwhelmed by toxins known as oxidants, which enter the body from the environment, and are natural by-products of normal metabolism. Certain toxins cause the formation of free radicals which are considered to be the major contributor to oxidative stress.

The body fights oxidants and free radicals with anti-oxidants. A key anti-oxidant is glutathione, (See 10:2,7) the body's pivotal detoxification tool to reduce oxidative stress. If insufficient glutathione and other antioxidants are available, the body suffers from free radical damage and oxidative stress. Such damage can increase retention of toxins. Clinicians have been frustrated that available options for reducing oxidative stress are either inefficient at removing oxidants, have toxic side effects, or both.

The following is excerpted from a phone presentation Dr. Haley gave to a parent group in New York.

### What is OSR#1™?

**OSR#1™** is a patented compound that acts as an antioxidant. It is produced by combining two non-toxic compounds which are products of human catabolism. Testing done on test animal organs using dosages thousands of times higher than recommended for human use proves **OSR#1™** to be very non-toxic.

**OSR#1™** is an antioxidant that works at the cellular level by scavenging free radicals, consequently salvaging and maintaining healthy levels of glutathione. It is fat-soluble and can thus permeate cell phospholipid membranes. **OSR#1™** spares minerals, and thus does not impair essential mineral status.

### How OSR#1 Works

**OSR#1™**, due to its solubility in lipids, has the ability to penetrate the membranes of cells and possibly the mitochondria, where toxins may be stored and where hydroxyl free radicals do their damage. Two -SH groups on **OSR#1™** may scavenge hydroxyl free radicals. In the process, glutathione is salvaged, as it is the -SH group of glutathione that reacts with hydroxyl free radicals causing the oxidation and consumption of this vital antioxidant. Maintaining a healthy glutathione level, which **OSR#1™** can accomplish, is vital to proper detoxification. Because **OSR#1™** is not rapidly excreted, it remains in the body longer than water soluble antioxidants, and appears more effective at scavenging hydroxyl free radicals.

### Determining Appropriate Candidates for OSR#1™

Run two laboratory tests to obtain baseline data prior to using **OSR#1™**. First, measure blood glutathione to establish whether adequate levels are present. Use **OSR#1™** only when GSH is inadequate. Also, run a urinary porphyrin profile to determine the presence and type of toxicity. **OSR#1™** is not recommended for children under 55 pounds nor pregnant or lactating mothers. Future safety studies are necessary to reverse this recommendation.

Those with known sensitivities to sulfur and sulfur-containing substances should not use **OSR#1™**, as it has a high affinity for disulfide compounds. Because some common yeast conditions release toxic byproducts that contain disulfide bonds, **OSR#1™** may theoretically bind to them, changing their properties. As a precaution, those with suspected yeast problems and individuals taking antifungal medications should avoid **OSR#1™** until their yeast conditions are under control. Healthcare professionals must closely monitor people with diseases associated with low glutathione levels who take **OSR#1™**.

### Dosing

Haley recommends 100 mg/day. While effective, this recommended amount may not be optimal for everyone. Always begin slowly, and wait at least one month before increasing intake, and only after consulting with a qualified licensed clinician. When increasing supplementation of **OSR#1™**, increase by a maximum of 100 mg per day. For example, if your doctor or nutritionist advises 300 mg of **OSR#1™** daily, three months are necessary to achieve that amount. Start low and go slowly, using the smallest dosage to achieve benefit. Daily intake should not exceed 500 mg per day.

### Evaluating the Effects of OSR#1™

Haley makes no claims, nor has the FDA approved **OSR#1™** for treatment of any illness or medical condition, including autism. Objective measures are healthy blood glutathione levels and improved porphyrin profiles. Changes in stool – less odorous, sticky, and slimy – also occur because of changes in bile production. Subjective measures include decreased intestinal pain, more restful sleep, and improved eye contact. Positive effects of **OSR#1™** may be evident within two weeks.

**OSR#1™** does not replace a healthy diet or recommended supplements such as melatonin or methyl B12. Haley urges patients to work with their doctors on what supplements, including other antioxidants, to take with **OSR#1™**. Because it does not leach essential minerals, such as zinc and copper, **OSR#1™** does not increase the need for additional supplements. Individuals undergoing chelation, should only take **OSR#1™** as an antioxidant under the expertise of an experienced clinician.

### OSR#1™ Side Effects

No foods or supplements are safe for everyone. If a reaction occurs, stop taking **OSR#1™** immediately, and report symptoms to the prescribing healthcare professional. Use activated charcoal, available over-the-counter, to bind **OSR#1™**.

Reported reactions, though rare, short-lived and quickly abated, include rashes, fever, diarrhea, and constipation. As noted above, for those with unstable digestive function, yeast overgrowth could occur, or reactions could be a response to healthy glutathione levels stabilizing. Thyroid function can also show improvement due to decreased oxidative stress.

### Bottom Line

Clinicians practicing functional medicine should view **OSR#1™** as a new tool for detoxification. As more individuals use it, benefits and issues will become more apparent. For more information, go to [www.ctiscience.com](http://www.ctiscience.com).

*The following people contributed to this article: Nancy McPartlin-Gardella who transcribed Dr. Haley's talk and Laura Lagano, MS, RD, Functional Nutritionist, who edited it.*

# UPCOMING EVENTS

- **Wednesday, Feb. 25 – Thursday, Feb. 26, 2009 – Baltimore, MD**  
*Brain Gym and Other Sensory Motor Strategies on a Shoestring Budget*  
Contact with Shoshana Shamberg, OTR/L at [www.aotss.com](http://www.aotss.com) or 410.358.7269.
- **Thursday, Feb. 26 – Sunday, March 1, 2009 – Bloomington, MN**  
*The 29th Symposium on Intervention for Persons with Special Needs*  
Speakers include Georgia DeGangi, PhD, OTR, FAOTA, and Mary Kawar, OTR.  
For more information, contact PDP at 651.439.8865 or go to [www.pdpapro.com](http://www.pdpapro.com).
- **Friday, Feb. 27 and Sat. – Sun., March 21 – 22, 2009 – Bellevue, WA**
- **Saturday, March 7 – Sunday, March 8, 2009 – Atlanta, GA**
- **Saturday, April 25 – Sunday, April 26, 2009 – New York City, NY**  
*Fundamentals of Autonomic Response Testing with Andreanna Rainville, RN*  
Prerequisite to weekend course below. For more information and to register, go to [www.klinghardtneurobiology.com](http://www.klinghardtneurobiology.com) or call 303.499.4700.
- **Friday, Feb. 27 – Sunday, March 1, 2009 – Bellevue, WA**  
*Chemical and Heavy Metal Toxicity*  
Speaker: Dietrich Klinghardt, MD, PhD. For more information and to register, go to [www.klinghardtneurobiology.com](http://www.klinghardtneurobiology.com) or call 303.499.4700.
- **Saturday, Feb. 28, 2009 – New York, NY**  
*Family Constellation Workshop with Leah Matalon*  
For more information and registration, go to [www.leahmatalon.com](http://www.leahmatalon.com) or call 212.860.7668.
- **Monday, March 2 – Tuesday, March 3, 2009 – New York, NY**  
*Gluten Freedom: Reclaiming Our Daily Bread*  
Amazing Gluten-Free Pies, Tarts and Quiche. Join chef Rebecca Reilly for a hands-on class at the Natural Gourmet Institute. Class includes pizza, focaccia, English muffins and more.  
Go to [www.naturalgourmetschool.com](http://www.naturalgourmetschool.com).
- **Monday, March 2 – Tuesday, March 3, 2009 – Phoenix, AZ**  
*Accessibility Consultation, Environmental Modifications and Assistive Technology with Shoshana Shamberg, OTR/L*  
Contact [www.aotss.com](http://www.aotss.com), 410-358-7269, Email: [info@aotss.com](mailto:info@aotss.com).
- **Tuesday, March 3, 2009 – Alexandria, VA**
- **Thursday, March 5, 2009 – Baltimore, MD**  
*Bully-Proofing Made Easy: A Quick, Powerful and Fun Way to Solve the Bullying Problem for Kids and Schools*  
Speaker: Izzy Kalman  
For more information, and other dates, go to [www.crosscountryeducation.com](http://www.crosscountryeducation.com).
- **Friday, March 13, 2009 – Long Island, NY**  
*Sensory Tools and the Sensory Processing Measure (SPM)*  
Speaker: Diana Henry, OTR/L.  
For more information and other dates visit [www.ateachabout.com](http://www.ateachabout.com).
- **Friday, March 13 – Saturday, March 14, 2009 – Mokena, IL**
- **Saturday, May 2 – Sunday, May 3, 2009 – Sewickley, PA**  
*Yoga for the Child with Developmental Challenges*  
Speaker, Anne Buckley-Reen. To learn more go to [www.educationresourcesinc.com](http://www.educationresourcesinc.com).
- **Saturday, March 14 – Sunday, March 15, 2009 – Tacoma, WA**  
How Does Your Engine Run? The Alert Program for Self-Regulation  
To register & for other dates call 877.897.3478 or visit [www.AlertProgram.com](http://www.AlertProgram.com).
- **Saturday, March 14, 2009 – Silver Spring, MD**  
*Feldenkrais Therapy for Developmental Delays*  
Speaker: Carla Reed. For more information, [marybethhazelgrove@verizon.net](mailto:marybethhazelgrove@verizon.net).
- **Friday, March 20 – Saturday March 21, 2009 – Dallas, TX**
- **Thursday, May 14 – Friday, May 15, 2009 – New York, NY**  
*Eyegight to Insight: Visual/Vestibular Assessment & Treatment*  
Speakers: Mary Kawar, OTR/L and Carl Hiller, OD, FCOVD.  
For more information and to register, contact PDP at 651.439.8865 or go to [www.pdpapro.com](http://www.pdpapro.com).
- **Friday, March 20 – Saturday March 21, 2009 – Dayton, OH**  
*Family Constellation Workshops with Mark Wolynn*  
Autism: A Family Systems Perspective  
For complete schedule and registration details go to [www.HellingerPA.com](http://www.HellingerPA.com).
- **Saturday, March 21, 2009 – Pittsburgh, PA**  
*Integrative BioMedical Treatment Options for Children and Adults with ASD*  
Speakers are Dr. Kenneth Bock and Dr. Scott Faber.  
For more information go to [www.aboard.memberlodge.com](http://www.aboard.memberlodge.com) or call 800.827.9385.
- **Saturday, March 21, 2009 – Briarcliff Manor, NY**  
*Open Forum with Dr. Larry Palevsky*  
An interactive discussion on healing modalities for ASD, ADD/ADHD, auto-immune disorders, chronic illnesses, neurological disorders and wellness.  
Questions? Call Lisa Rudley at 917.414.9190.
- **Sunday, March 22, 2009 – Washington, DC**  
*Family Constellations Workshop*  
Experience how trans-generational pain can affect today's families.  
For more information and other dates, go to [www.theconstellationsgroup.com](http://www.theconstellationsgroup.com).
- **Friday, March 27 – Saturday, March 28, 2009 – Puyallup, WA**  
*The Sensory Processing Measure SPM and other Best Practices*  
Speaker: Tara Glennon, D.Ed. OTR/L.  
To learn more go to [www.educationresourcesinc.com](http://www.educationresourcesinc.com).
- **Friday, March 27 – Sunday, March 29, 2009 – New Orleans, LA**  
*Hellinger Family Constellation Weekend with Dr. Dietrich Klinghardt*  
For more information and to register, go to [www.klinghardtneurobiology.com](http://www.klinghardtneurobiology.com) or call 303.499.4700.
- **Saturday, March 28, 2009 – Silver Spring, MD**  
*Moving Toward Integration: Using Reflex Movement Patterns and Brain Gym to Improve Learning and Behavior*  
Speaker: Mary Rentschler. For more information, [marybethhazelgrove@verizon.net](mailto:marybethhazelgrove@verizon.net).
- **Saturday, April 4 – Sunday April 5, 2009 – Chester, ENGLAND**  
*Releasing Energy for Life and Learning – 20th European Conference of Neuro-Developmental Delay in Children with Specific Learning Disabilities*  
Sponsored by the Institute for Neuro-Physiological Psychology (INPP)  
To view speakers and learn more, go to [www.inpp.org.uk](http://www.inpp.org.uk).
- **Friday, April 17 – Saturday, April 18, 2009 – Fort Worth, TX**  
*FRUA's 6th Annual Educational Conference*  
Positive strategies and outcomes for children adopted from Russia and Ukraine  
To learn more, go to [www.frua.org](http://www.frua.org).
- **Friday, April 17 – Sunday, April 19, 2009 – Atlanta, GA**  
*Defeat Autism Now! Spring Conference*  
To register, go to [www.defeatautismnow.com](http://www.defeatautismnow.com).
- **Friday, April 24 – Saturday, April 25, 2009 – Greensburg, PA**  
*8th Annual Building Blocks to the Future Conference*  
Speakers include Scott Faber MD on an Integrative Approach to Autism Spectrum Disorders. For more information, call 724.836.2460.
- **Saturday, April 25, 2009 – Hartford, CT**  
*19th Annual Statewide Conference on Autism*  
Go to [www.autismsocietyofct.org](http://www.autismsocietyofct.org) for more information.
- **Monday, May 4 – Friday, May 8, 2009 – New York, NY**  
*30th Annual YAI Conference*  
Over 300 speakers on early childhood and special education.  
For complete details go to [www.yai.org](http://www.yai.org).
- **Thursday, April 30 – Sunday, May 3, 2009 – Cherry Hill, NJ**  
*US Autism Asperger Association Spring Conference*  
Speakers include DDR Executive Director, Patricia Lemer on Thursday evening at 7:45 pm. "Following a Prioritized Model of Therapies."  
To register go to [www.usautism.org](http://www.usautism.org)

## Developmental Delay Resources

5801 Beacon Street ■ Pittsburgh, PA 15217

[www.devdelay.org](http://www.devdelay.org) ■ [email:devdelay@mindspring.com](mailto:devdelay@mindspring.com)

# Winter 2008 – 2009

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